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ABSTRACT OF THE DISCLOSURE

A semiconductor laser element has the following configuration: a dual-wavelength monolithic laser where semiconductor lasers with emission wavelengths of 650 nm and 780 nm-are integrated on one chip is soldered on a heat sink which then is soldered on a can package. Two beam emission points of the semiconductor laser element are positioned so that beam spots, formed on an optical disk, of light beams emitted from the two semiconductor lasers are aligned substantially along a pit-row direction in the optical disk. Thus, an optical head device and an optical recording and reproducing apparatus can be obtained that can record information on or reproduce recorded information from optical information recording media with different optical characteristics and recording densities from one another and that do not cause instability in tracking servo operation.